

	Feb, March	April	May
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Freestyle dance</li> <li>• Hastak Classical Advance Level</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Himachal Day Special Performance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Folk dance (H.P Shimla Nati)</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Freestyle dance steps and its Rhythm</li> <li>• <i>dance on classical Hastak advance level</i></li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Folk dance steps and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Folk dance steps and its Rhythm</li> </ul>
<b>Skills</b>	Physical Fitness, Rhythm and Flexibility	Rhythm , Build Strength and Flexibility	Coordination, Balance, Stamina ,Perseverance, Rhythm and Flexibility
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>

	June	July	August
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Writing teen Taal basic Toda Notation</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Theme based dance(Janmashtmi Theme Based)</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Retro Filmi Dance</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Bollywood dance steps and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Janmashtmi dance steps and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Develop their dance skills through Retro Bollywood</li> </ul>
<b>Skills</b>	Rhythm, Taal ,Posture and Improve Your writing Skill	Rhythm , Build Strength and Flexibility	Rhythm, Coordination , Build Strength and Flexibility
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>

	September	October	November
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Suffi Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Definition of Kuchipudi dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Different types of Hastak</li> </ul>
<b>Learning Outcomes</b>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Suffi dance steps and its Rhythm</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Kuchipudi dance steps and its Rhythm</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Hastak Classical steps and its Rhythm</li> </ul>
<b>Skills</b>	Rhythm , Physical Fitness, Stamina and Perseverance	Rhythm, Improve your writing skill , Posture and Alinment	Rhythm, Alinment, Control, Balance and Posture
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>